

# Faculty



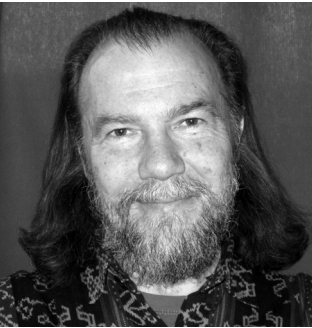
**FRANÇOIS RAOULT, M.A., R.Y.T.**  
*asana, pranayama, teaching practice*  
François is the founder and director of Open Sky Yoga Center in Rochester, N.Y. and has taught yoga since 1975. He conducts seminars international retreats and teacher trainings worldwide. A graduate of the Ecole Nationale de Yoga, Paris and among the first french yoga instructors to study in Pune, India with B.K.S. Iyengar, François also has explored meditation, ayurveda and experiential anatomy. Certified in Gong and Laughing Yoga, François completed the International Sound Healer program and also holds a master's degree in Ethnomusicology.



**DOUGLAS BROOKS, Ph.D**  
*yoga history and philosophy*  
Douglas is a professor of religion and chair of Asian Studies at the University of Rochester in Rochester, N.Y. One of the world's leading scholars of Hindu Tantrism, he earned his doctoral degree from Harvard University's Center for the Study of World Religions. In addition, he lived for many years with his Guru in India, receiving a classical Sanskrit education.



**LAURA ANTELM, B.K.S.**  
*anatomy and kinesiology*  
Laura is the director of the Iyengar Center of Boulder, Colorado. She studied with BKS and Geeta Iyengar for 26 years and teaches anatomy at Naropa university. She is a certified Kinesthetic Anatomist. She has taught therapeutic applications of Yoga in Moscow's Yoga Journal Conference, Europe and Los Angeles. With great skills and enthusiasm, she uses clay to sculpt the muscles and organs of the human body so theoretical knowledge can be embodied.



**SONAM TARGE**  
*ayurveda, subtle anatomy, mantra*  
Sonam has maintained a clinical practice combining Ayurveda and traditional Chinese medicine for 20 years. He is a member of the National Ayurvedic Medical Association. Sonam has studied extensively with Dr. Vasant Lad and is a graduate of the New England School of Acupuncture. He also is a long-time practitioner of yoga and T'ai Chi.

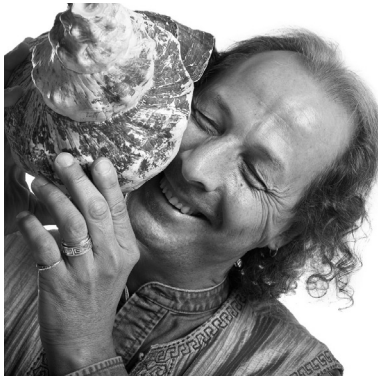
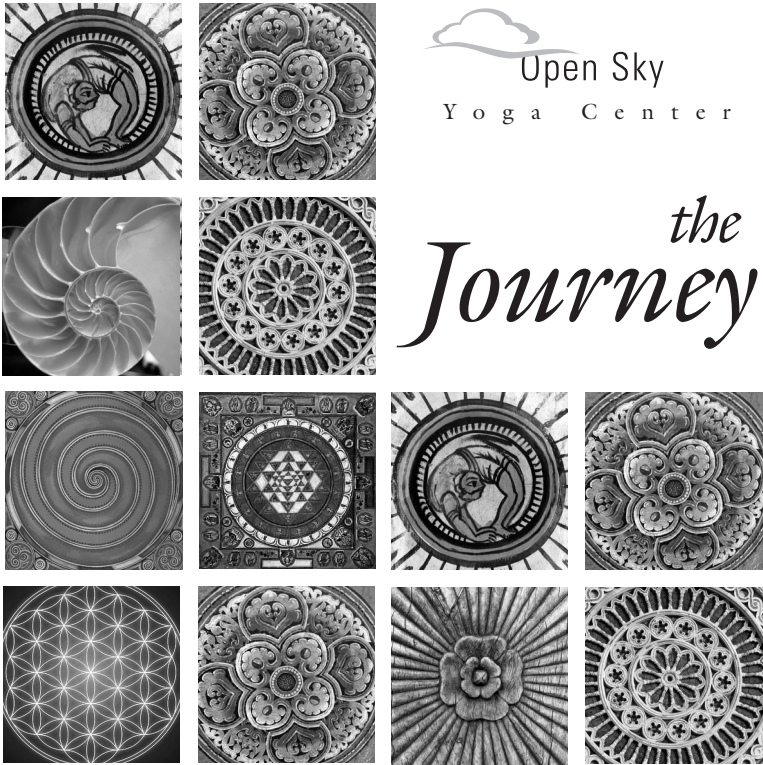
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# 2019-2020

Open Sky  
Yoga Center

the  
*Journey*



François Raoult, *Director*

ROCHESTER , NEW YORK

# yoga teacher training

200 hour certification recognized  
by National Yoga Alliance







## Essential Yoga Teacher Training™

Open Sky Yoga Center announces a unique opportunity to dive deeply into the practice, study and teaching of yoga. Our Essential Yoga Teacher Training™ brings together some of the world's leading experts in yoga techniques, philosophy and teaching practice. This high-caliber course is designed for experienced yoga practitioners who wish to launch or refine a teaching career, or simply to deepen their personal practice. Through in-depth study and supervised teaching, you will learn:

- the art of teaching asanas, pranayama, restorative yoga and deep relaxation (savasana)
- how to see and understand bodies
- the principles of alignment and use of props
- how to assist students and adjust postures
- how to plan and sequence a yoga class
- ethical guidelines for teaching yoga

Our emphasis on hands-on experience and constructive feedback prepares you to teach with confidence and clarity. • The core program includes six 3 or 4-day gatherings. Attendance at two weekly Open Sky yoga classes also is recommended, along with a variety of reading and writing explorations. • This 200+ hour training can be applied toward Yoga Alliance registry. • If you feel called to share the benefits and joy of yoga as a teacher, contact us today or see our application.

*Namaste*

## Curriculum

### ART OF TEACHING

#### Technique and Methodology

- 1 Opening poses, standing poses Part 1
- 2 Standing poses Part 2, ujjayi pranayama, savasana, ayurveda 101
- 3 Deepening the practice of a teacher
- 4 Anatomy/kinesiology
- 5/6 Backbends, restorative yoga, vilomas, forward bends, bandhas, rotations, inversions, history and philosophy of yoga, ayurveda 102, kirtan
- 7 *(Four-day intensive)*  
Yoga for people with injuries and special needs. Full curriculum review, designing and sequencing a beginner's class, supervised teaching and practice assessment, written test.

### ANATOMY AND KINESIOLOGY

20 hours

- Structural anatomy and its application to yoga postures.
- Muscle groups: mechanical analysis of action

### PHILOSOPHY

10 hours

- History of Hatha Yoga: origins and practices
- The Upanishads: ecstatic revelation and practical insight
- Patanjali: definitions of yoga and its goals
- Spiritual teachings of the Bhagavad Gita

### AYURVEDA

8 hours

- Theory: the three Doshas
- Diagnosis: observation of pulse and other indicators
- Treatment: herbal medicine and life-style management

### READING AND WRITING

This is a substantial and original element of the training, a creative journey integrating daily life with yoga practice and philosophy. Monthly reading, writing, teaching and practice assignments are reviewed by the faculty. Group sharing supports creativity.



### DAILY SCHEDULE

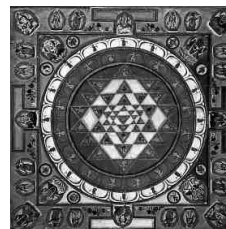
Friday, November 15  
Opening Circle/Keynote Address  
6 p.m. - 9 p.m.

### SCHEDULE

Fridays: 6-9 p.m.  
Saturdays: 12 p.m. - 8 p.m.  
Sundays: 8 a.m. - 6 p.m.  
Four-day intensive begins Friday at 5 p.m. and ends Monday at 5 p.m.

### DATES

- 1 November 15-17, 2019
- 2 January 10-12, 2020
- 3 February 14-16
- 4 April 17-19 anatomy
- 5/6 May 22-25
- 7 June 19-22 (graduation)



## Policy/fees

### ADDITIONAL COURSE RECOMMENDATIONS (Optional)

- Two weekly Open Sky Yoga classes (one beginner, one intermediate/advanced)
- One private session with François Raoult

### YOGA ALLIANCE REGISTRATION HOURS

- Five modules and one 4-day assessment seminar: 140 contact hrs
- Two weekly Open Sky yoga classes over 6 months: 75 hrs
- Reading and writing assignments: 100+ hours

### TUITION

Five modules and a 4-day intensive: \$3,550.

*(Fee includes written feedback on all homework assignments.)*

Please return your application with a \$50 nonrefundable fee to:

Open Sky Yoga Center,  
7 Arnold Park, Rochester, N.Y. 14607

If your application is accepted, a \$500 non-refundable deposit will reserve your space. The remaining balance of \$3050 due October 30, 2019. You may pay by check or credit card (Visa/Mastercard). No cash refunds after November 19, 2018.



## Testimonials

*"I learned to manage my relationship with my students, to decide when to push and when to let be. I learned to see."* Margaret O'grady, RYT

*"...helping others become detectives, unravelling the mystery of their own bodies and psyches..."* Fernando, student

*"François's detailed approach to dissecting each asana and tailoring it to a wide variety of abilities was invaluable in helping me work with students effectively."* Christine Breck RYT

*"The program effectively combines precise instruction, compassionate feedback, inspiring readings and creative homework assignments. I understand yoga better now as both a healing modality and a path of spiritual awakening."* John Steele, PhD psychologist, RYT

*"Essential Teacher Training establishes me on the path of awakened potential. It gave me a compass to reach the trail head."* Rebecca Schlichler, RYT

*"You had us rolling with laughter, which is good for the diaphragm!"* Supriti, RYT

*"I am so grateful for this course. It is about so much more than just asanas and yoga. It's about life."* Sarah Haykel

*"We all benefited in various ways from your astute and creative orchestration of our learning experience."* Carol Geroux, Artist and Yoga teacher

*"What also came through was your zest, curiosity for life, exploring more possibilities. Your trainings have enabled me to make a living from teaching, have given me the confidence to do so."* Burt Peeters, Yoga Teacher